

The Benefits of Wellness in the Workplace

Smart[]Health





The benefits of good health are endless. With the SmartHealth program, our goal is to improve the health of our PEBB members in an effort to increase productivity and well-being across our population. By engaging our subscribers through the SmartHealth website we can drive a sense of unity and support across our organization.

Why are healthy employees important to PEBB?

- ✓ **Engagement and productivity:**
Engaged employees are 21% more productive. (*Gallup 2012 Engagement at Work Study*)
- ✓ **Stress at work:**
Stress-related issues in the workplace are on the rise; mental illness and substance abuse cost employers an estimated \$80 to \$100 billion in direct costs.
(*Mental Health America*)
- ✓ **Turnover:**
Engaged employees are 87% less likely to leave an organization than those who are disengaged. (*SHRM*)
- ✓ **Impact of wellness in the workplace:**
77% of employees responded that health and wellness programs positively impact the culture at work. (*Workplace Management Magazine*)

Thanks for being a champion of the SmartHealth program.